

PACKING LIST

Travel light. One carry-on* and once checked bag is plenty. (You'll be carrying your own bags and must be able to walk with them.)

- Passport!!!!
- Journal, pen and Bible
- Clothing & Accessories:
 - Jeans/pants/scrubs (some to work in and something casual to wear when we're not working. Shorts are ok for around the hotel, but make sure they're not super short, ladies....and guys, I guess. We probably don't want you in short shorts either!)
 - Shirts to work in (no tank tops) and other shirts to wear on travel days – they do not need to be dressy.
 - Girls, for church: long skirt/maxi dress (mid-calf or longer)
 - Conservative swimsuit
 - Socks, underwear, etc.
 - Pajamas
 - Work shoes (such as old tennis shoes, anything that covers your whole foot. No open-toed shoes for work!)
 - Non-work shoes
 - A sweater or something in case it gets chilly at night
 - Bandanas for face/sun/dirt protection (avoid red and blue colored ones!)
 - Trash bag(s) for dirty clothes
- Toiletries
- Pepto, Tylenol, Dramamine, Imodium AD, etc. (We will have emergency meds, but if you know you need something, bring your own!)
- Travel “tissue” packages for dusty work sites (or because you never know when you're gonna need to “go” and there might not always be toilet paper)
- Hand sanitizer
- Bug spray (the intense kind with maximum DEET. You'll want to use this all the time there.)
- Sunglasses
- Sunscreen!! You are closer to the equator and you WILL get burned! (30+ SPF recommended and re-apply)
- Aloe for sunburns (optional)
- Work gloves with leather palms (optional)
- Backpack to carry to work and sight-seeing
- Chargers for phone, etc.
- Cash for spending (however much you want to bring, in small bills)
- Credit card (recommended but not required. Make sure you call your bank before travel and tell them you will be out of the country.)
- Snacks for during the day (optional)
- Electrolyte packets to add to the water in case of dehydration
- Reusable water bottle

PACKING TIPS

Here are some helpful guidelines from American Airlines:

<https://www.aa.com/i18n/travelInformation/baggage/main.jsp> ...essentially.....

Free: 1 carry-on *and* 1 personal item

Your **personal item** must be smaller than your carry-on baggage (like a purse, smaller backpack, briefcase or laptop bag) and fit under the seat in front of you. If your items don't fit in the overhead bin or under the seat, they may need to be checked.

Your **carry-on**:

- Shouldn't exceed **22 x 14 x 9 inches** (including handles and wheels)
- Must fit in the sizer at the airport

Musical instruments are also considered a carry-on item and must fit in the overhead bin or under the seat in front of you.

You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes in your carry-on bag and through the checkpoint.



Checked Luggage

Please double check which airline we are taking for this particular trip. You should plan for your bag to weigh **no more than 50 pounds**. Checked baggage is not calculated in your trip cost, so if an airline charges you for an additional or checked bag, you are responsible for the associated fee on both your departing and returning flights.